

Monday	Tuesday	Wednesday	Thursday	Friday
31 Meatballs w/Marinara Sauce Spaghetti Peas & Onions Raspberry/Peach Crisp Strawberry Applesauce 1 Slice of Bread	APRIL 1 Turkey Mett Sauerkraut Mashed Potatoes Green Beans Sugar Cookie Tomato Juice 1 slice of Bread	2 Chicken Teriyaki White Rice Mixed Veggie Mixed fruit cup Shortbread cookie 1 slice of Bread	3 Stuffed Shells w/Meat Sauce Carrot Coins Spinach Fresh Fruit Oreo cookie 1 Slice of Bread	4 Sweet & Sour Chicken Cauliflower Sliced Carrots Cereal Fresh fruit Shortbread cookie 1 slice of Bread
7 Ham Slice Pineapple Glaze Mashed Sweet Potatoes Mixed Greens Sun Chips Raisins 1 slice of Bread	8 Chicken Teriyaki White Rice Mixed Veggie Mixed fruit cup Shortbread cookie 1 slice of Bread	9 Cincinnati Chili w/Spaghetti Kidney Beans Green Beans Oyster cracker Cinnamon apple sauce	10 Italian Chicken w/ Diced Tomato Succotash Diced Potato Pineapple cup Pop-Tart 1 slice of bread	11 Country Fried Steak w/Gravy Sweet Potatoes Peas Graham cracker Cranberry juice 1 Slice of Bread
14 Meatloaf w/Ketchup Mashed Potatoes Corn Apple Juice Sun Chips Mandarin orange cup Peanut butter cup 1 Slice of Bread	15 Turkey w/ Gravy & Stuffing Mashed Potatoes Beets Mandarin orange Fig cookie 1 Slices of Bread	16 Beef & Cheese Casserole Pumpkin Green bean Cinnamon Apple Slices Fresh Fruit 1 Slices of Bread	17 Pork Ribs Baked Beans Mexican Corn Fig cookie Cranberry juice Fruit snack 1 Slice of Bread	18 Hamburger Tater Tots Glazed Diced Carrots Cereal Tomato juice 2 Slices of Bread
21 Italian Chicken w/ Diced Tomato Succotash Diced Potato Pineapple cup Pop-Tart 1 slice of bread	22 Country Fried Steak w/Gravy Sweet Potatoes Peas Graham cracker Cranberry juice 1 Slice of Bread	23 Salisbury Steak w/ Mushroom Gravy Diced Peach Crisp Green Beans Grape juice Cheese its 1 slice of bread	24 Meatballs w/Marinara Sauce Spaghetti Peas & Onions Raspberry/Peach Crisp Strawberry Applesauce 1 Slice of Bread	25 BBQ Chicken White Rice Scandinavian Vegetables Sun Chips Tropical Juice
28 Chicken Parmesan Spaghetti Green Beans Vanilla Pudding Fresh Fruit Cranberry Juice	29 Hamburger Tater Tots Glazed Diced Carrots Cereal Tomato juice 2 Slices of Bread	30 Diced Chicken w/ Alfredo Sauce Bow Tie Noodles Glazed Carrots Broccoli Mixed fruit cup Oatmeal cookie 1 Slice of Bread	May 1 Ham Slice Pineapple Glaze Mashed Sweet Potatoes Mixed Greens Sun Chips Raisins 1 slice of Bread	2 Beef Nacho w/ Shredded Cheese Cilantro/Tomato Rice Black Bean Corn Cereal Snack Peach cup Tortilla chips



Wesley Community Services

Nutrition Site/Senior Centers

April 2014

2% milk, skim milk,
chocolate milk, or cheese
available.

White or wheat breads
are available.

Margarine provided.

Menu may change due to
product availability.